



Community Support June Programs

Moosetracks



Your source for information for MWR, CYP, Fleet & Family Support Services, family Housing, Bachelor Housing, and the Galley at Naval Air Station Brunswick!

Sign up for the drawing on our website.

Win a Universal Orlando Vacation Trip for four guests!



Hotel Accommodations
at the
**Royal Pacific
Resort**

Airline Tickets
Included



Active Duty Military ONLY
4 Days and 3 Nights
Drawing to be held July 7th
Check our website for all
the details.



Registration on the
web site only:
www.navylifeneast.com



Travel valid
through
December
15th, 2006



www.navylifeneast.com

July 4th MWR Holiday Hours
Field House open (0800-1600) and Fitness Center closed.
Mere Creek Golf Course will be open 0700 to dusk.

Khaki Bar closed on Saturday July 1st.
RecMall & Pizza Plus
Open Saturday July 1st, 10 am-5pm
Closed July 3rd & 4th
All other MWR Facilities will be closed July 4th



Two great events... too Few tickets!

ITT has a pair of tickets to
Dave Mathews & Sheryl Crow In Concert

Friday, July 7, in Fenway Park, in Boston.
Register for the Lottery at either ITT location to win
the opportunity to buy these valuable tickets.
Drawing will be held on June 30th
at 4 pm at the Field House ITT Office.

Seats Located: Roof 37 Row E Seat 5 & 6
Cost: \$82.00 each. (must be purchased as a pair).

A Lottery will also be conducted during June
to purchase 2-pair of tickets to the
NASCAR New England 300, Sunday, July 16th,
in London NH at 2 pm.
The drawing will be held at 4 pm on July 7th at
the Field House ITT location.

Cost:\$98 per ticket. Must be purchased in pairs.
Seat location: NJ 26, Seats 7-10

The MWR Information, Tickets & Travel has expanded and
now offers two locations to purchase tickets and obtain info
regarding attractions and recreational activities both on and
off station. Our new office located in the lobby of the NEX
is open Monday through Friday from 9 am to 4 pm as well as
our anchor location off the lobby of the MWR Field House.
The Field House location is open M-F from 10 to 5 pm.

ITT is pleased to announce another money saving ticket for sale:

New England Aquarium tickets are now
available for \$9.00!

This is a significant savings from the adult
gate price of \$17.95 (you save \$8.95!!).

The Third Annual New England Country Music Festival



Gillette Stadium, Foxboro, MA, July 16,
2006. The Festival features: Kenny
Chesney, Gretchen Wilson, Big &
Rich, Carrie Underwood, Dierks
Bentley and more TBA. Tickets are
now on sale at both ITT locations.



the Grille at the Creek

Please call 721-9995 for take out orders
or to have ready when you arrive.
the Grille is open Tuesday - Saturday 11 am - 3:30 pm

The NASB Picnic Grounds are OPEN!

Squadrons, commands and groups
may reserve the area by contacting
the MWR Outdoor Adventure Center
at 921-2738.

Let Mere Creek's PGA Pro, Kevin Joseph, improve your golf game and let you enjoy golf even more with a variety of focused Golf Clinics.

Tuesdays

Junior Clinic (8 to 16 yrs)

\$12 per person.

Clinic times: 4, 5 & 6 pm.

Wednesdays

Ladies' Clinic

\$20 per person.

Clinic times: 4, 5 & 6 pm.

Thursdays

Men's Clinic

\$20 per person.

Clinic times 4, 5 & 6 pm.

Saturdays

Beginner's Clinic

\$20 per person.

Clinic Times:
9, 10 & 11 am.

Private lessons are also available by appointment \$40 per half hour and \$70 per hour.

Moonlight Madness *Night Light* Golf Outing

Golf shouldn't stop just because it's dark! Test your skills at our first Moonlight
Madness Night Light Golf Outing, June 10th. Tee off at dusk (estimate 8:30 pm)
using special blinking golf balls for a unique golfing experience.

Only \$10 per person plus \$7.50 for each blinking golf ball at \$7.50 (recommend 2)

Sign up at the pro shop or call 721-9995.



Father's Day Special
18 June

Bring dad to Mere Creek
for Father's Day and he
golf's FREE (with one
greens fee paying player).
Truly a "a special for
someone special".

June Fitness Programs

Step Etc

Tues: 9:15-10:15am. Thurs. 6-7 pm.

High energy, easy to follow step cardio
training.

S -Set

Fri: 11:15am -12:15pm. Exercise per-
formance, movement, speed, & execu-
tion.

Cardio/Circuit Mix

Mon: 11:15-12:15pm & Thurs: 9:15-
10:15 am. Combines Hi/Lo aerobics,
Step, Jump ropes, etc. Kickboxing,
STEP, Circuits or "who knows" what
you'll get!

Running Clinic

Tues: 11:15am-12:15pm or Thurs:
11:15am -12:15pm. *This class is NOT
a drop in class! Select FEP must be
Command directed to attend.

Cardio Yoga

Wed: 9:15 - 10 am. Combines the
strength and flexibility of Yoga with Cardio.

Jump/Jab/n'Kick

Wed: 11:15 -12:15 pm. A great combi-
nation of kickboxing and jump roping.

Yoga Stretch

Tues: 3:15 -4:00 pm. Focus will be on
the lower back, hamstrings, hips & abs.

Awesome Abs

Tues: 11:15-12 noon. Focus on abs,
trunk, obliques, lower & upper back.

Body Sculpting for Women

Wed. 6 -7 pm. All over body workout!

YogaFit

A mind/body class that focuses on
stretching, flexibility, and relaxation.
Thurs. 11:15-12:00.

May 29, Memorial Day Holiday Holiday Hours:
Field House: 0800-1600, Fitness Center: Closed

2 New Children's Exercise Classes!

Wed. 4:30 -5:15pm & Sat. 10 -10:45am
Boys and Girls ages 10 -14. Held in the Field House

RecMall Children's Activities for June

June 5th-8th

Hand Week... we'll be using our
hands for the crafts and
activities this week.

June 9th is Donald
Duck's birthday.

Celebrate with us!

1:00- Make a birthday card

for Donald Duck

1:30- Create a collage using feathers

2:00- Color picture print outs of

Donald Duck

2:30- Make your own Bird Bookmark

June 12th-16th, Father's Day Week:

Make gifts for Father's Day.

June 14th

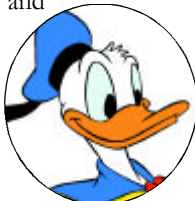
Make a flag for Flag Day!

June 21st

(weather permitting) Grand Opening
of the Spray Park! Schools over and
it's heating up outside! Cool off inside
the air-conditioned RecMall or chill
out in the Spray Park.

We'll have various water toys and a
snow cone slush machine set up - Plus
ice cream specials
at Pizza Plus.

Don't
forget your
towel!



Spray PARK

Splash Day 2006!

Summer is here, celebrate at the
RecMall Spray Park official opening,
June 21st from 11 am -3 pm.

Bring the kids & enjoy a day of fun
under the cool sprays from the many
water features of the Park as well as,
carnival games, face painting, wet &
wild water games, watermelon eating
contests and even a free Sno-Cone.
The RecMall will be selling hot dogs
and hamburgers!

Parents don't forget to bring
waterproof sunscreen for kids!

It's Flea and
Tick season,
protect your
pet with
FRONTLINE.
Stop by the
Vet Clinic
for more
information
and to
purchase
FRONTLINE to
keep your pet
free from fleas
& ticks.



The Vet Clinic is open
8 am-3pm
FMI call 725-8450

Join us
this Spring
and Summer

Outdoor Adventure Program

to explore the coast of Maine in a sea kayak.
Once again we are happy to welcome Seaspray
kayaking of Brunswick as they provide discounted
tours and lessons.

Stop into the Outdoor Adventure Center in
building 29 to get details on how you can get great
discounts for a great family activity.



June Events LIBERTY PROGRAM

THE LIBERTY PROGRAM IS FOR SINGLE & UNACCOMPANIED SAILORS & THEIR GUESTS 18 YEARS OF AGE AND OLDER

Sunday, June 4 Humane Society Volunteer Day

Show your love for the dogs and cats awaiting adoption by participating in the Liberty volunteer day at Brunswick's Humane Society. Dress in grubby clothes, as we will be doing a variety of work. Van transportation leaves the parking lot outside of the Center at 9 a.m. Sign up in the Liberty Center.



Tuesday, June 6 Texas Hold'Em Tournament

There is a \$4 entry fee into the tournament and the money collected will be used as prizes between the first and second place finishers. Please register for the tournament by 7:15 p.m. - game time begins at 7:30 p.m.

Saturday, June 10 Acadia National Park Trip

(Minimum of 10 people needed for the trip to run)
Take a trip with Liberty to the only National Park on the East coast. Acadia offers beautiful ocean views, great trails, and plenty of opportunities for pictures. Pack your camera and bring cash for food stops. Van transportation leaves the parking lot outside of the Liberty Center at 9 a.m. Please register by Thursday, June 9.



Wednesday, June 14 Go Fishing!

No fishing license? Take part in Liberty's indoor fishing which promises to provide great catches of the day for beginners and pros. No release necessary just catches beginning at 8 p.m.



Saturday, June 17 Six Flags Trip

(Minimum of 10 people needed for the trip to go)
Get a release from the week and break-a-way to Six Flags for roller coaster thrills and the water park chills. Ticket cost for Liberty customers and guests is \$30. Van transportation leaves the parking lot outside of the Liberty Center at 8 a.m. Please register at the Center by Thursday, June 15.

Wednesday, June 21 Cream Soda or Rootbeer Float Day

Free ice cream floats will be made at the Liberty Center to cool you down after a long day at work.



Sunday, June 25 Liberty BBQ

Only one thing is better than a great BBQ - a Free BBQ! Make your way to the Liberty Center at 3 p.m. for a menu of hotdogs, hamburgers, chips, soda, salad and dessert.

Tuesday, June 27 - Birthday Bash

Liberty is celebrating June birthdays and the 1859 birthday of "Happy Birthday to You" song! FREE cake and ice cream will be provided at 7 P.M. in the Liberty Center.

Due to renovations to Building #516, the Liberty Center has moved to a temporary home in the rear of Building #211 (Field House). Access to the new space is through the side entrance.
Open Monday - Friday from 4-11 p.m.
& Saturday - Sunday from 1-8 p.m.



Looking to enjoy Maine to the fullest?

Visit Great Pond Outdoor Adventure Center and stay in one of our homey cabins or camp at one of our wooded campsites. Campsites are outfitted with electrical hookups, water fire circles and picnic tables.



Expand your adventure with a mountain bike rental to explore the many Maine back roads or enjoy the pristine lakes and streams with the rental of a kayak, canoe or motor boat available on site.

If you missed a cabin rental for this summer, it's not too early to sign up for the fall or winter months and enjoy the four seasons of Maine.

Call now and make your reservations! 207-584-2000



BB2 & Irv's Khaki Lounge

It's "Air-Conditioned"
and the Beverages are Ice Cold.

BB2 is at its new location in the RecMall
(next to Bowling)

Hours are 4-10PM Wed - Saturday

Happy Hour Every Thursday
Beverage Specials & Light Munchies every
Thursday 4-5 PM

IRV'S KHAKI SHACK

Open Fri & Sat evenings 3-9 PM for
CPO's-Officers and their guests
Civilians GS7 or Equivalent and higher,
NF-3 or higher.

Happy Hour every Friday at 4PM

Irv's is available for private social events on non-operational dates. Please call x2589 to Reserve. Platters & Pizzas are available from Pizza Plus. Pick up a brochures at the Lounge and/or at the RecMall.



Family Matinees Wednesday
thru Saturday @ 4 pm



June 1,2 & 3: "Home on the Range" (G)
June 7, 8, 9 & 10: "Daddy Daycare" (PG)
June 14, 15, 16 & 17: "Curious George" (G)
June 21, 22, 23 & 24: "Eight Below" (PG)
June 28, 29 & 30: "The Shaggy Dog" (PG)

Evening Movies for Adults
Wednesday thru Saturday @ 7 pm

June 1,2 & 3: "The Pink Panther" (PG)

June 7, 8, 9 & 10:
"The Producers" (PG13)

June 14, 15, 16 & 17:
"Final Destination 3" (R)

June 21, 22, 23 & 24: "Failure to Launch" (PG13)

June 28, 29 & 30: "The New World"



BOWLING Center

at the RecMall

Open Wed - Saturday 11-10 pm

Wed - Friday
Pizza Plus always has a special "deal" -so stop buy for Lunch and Bowl a game.

Wednesdays

Every Wednesday we feature a Great Bowling Special with "3-games for \$5.00 - shoes are included

Thursdays

Regular Open Bowling 11-5
League Bowling every Thursday Evening

Fridays

Enjoy our air conditioning !
Bowl all day and evening for
\$2.00 a game
Shoes only a \$1.00.
\$1.00 off a Med. Or Large
Pizza All Day.



"Cosmic Bowling"

Saturdays

It's our Wednesday Special on Saturday.
Bring out the family for some Fun.
It's "3 -Games for \$5" - shoes included. 11- 5PM

Cosmic Saturday night. 8-10
Great new Music and Glow-In-The-Dark Bowling

Every Saturday Evening - 4-10PM

2 Med 1-Topping Pizzas for ONLY \$6.75.
Dine in or Take-out.



Front Counter

8" Tuna or Egg Salad Sub,
Fries, and a Soda, \$4.75
Sandwich alone \$3.25

Pizza Plus

For the week of 6/26-6/30
Celebrate school being out with \$1 off
any kid's meal with the purchase of
any adult combo.

Chicken Quesadilla & Soda \$4.50

Tuesday's

2-ONE topping 12 " Pizzas" for only \$6.75
additional toppings \$.75 per pizza.



Interested in Flying? Would you like to see Maine from a new perspective?

Learn how to fly by joining the NASB Flying Club and earn your private pilots license.
Call the Club at 729-4049 and get up in the air for your first lesson!



Fleet and Family Support Center

Hours of operation: Monday - Friday 0800-1630, For more information or to register for classes, please call: 921-CARE

For more information on course details, course schedules and special events visit us at www.navylifeneast.com

Please contact the FFSC office at 921-2273 to sign up for any of the following classes or seminars. All classes are conducted in the FFSC training room in Building # 27.

June Classes:

Stress Management: June 1st, 0900-1030
Job Search Strategy: June 2nd, 0900-1100
CONSEP Mid Term (4 Days): June 12-15th, 0730-1600
Career Planning: June 19th, 0900-1100
Pre-Separation (4 Days): June 26-29th, 730-1600
New Parent Orientation: June 29th, 1530-1730
Resume Writing: June 30th, 0900-1130

July Classes

Boot Camp for Dads: July 6th, 1530-1730
Job Networking: July 7th, 0900-1100.
Self-Employment: July 12th, 0900-1130
PCS Smooth Move: July 13th, 0830-1200.
Sponsor Training: July 20th, 0900-1200.
Basic Investing: July 21st, 0830-1200.
Pre-Retirement Seminar (4 days): July 24-27th, 0730-1600.
Resume Writing: July 28th, 0900-1300.
Federal Employment System: July 31st, 0900-1100.



Navy-Marine Corps Relief Society-
Brunswick ME:
(207) 921-2414, call for appointment

ON-LINE RESOURCES

Federal Employment
www.usajobs.opm.gov

Financial and Education Benefits
www.gibillexpress.com

Fleet and Family Support Programs
www.ffsp.navy.mil

Life Lines
www.lifelines.navy.mil

Military Home Front
www.militaryhomefront.dod.mil

Military One Source
www.militaryonesource.com

Military Pay
<http://www.dod.mil/dfas/>

Military Spouse Corporate Career Network
<http://www.msccn.org/>

Military Student
www.militarystudent.org

Navy Career Development
www.staynavy.navy.mil

Navy-Marine Corps Relief Society
www.nmcrs.org

Navy Medicine
navymedicine.med.navy.mil

National Center on
Domestic and Sexual Assault
www.ncdsv.org

Nurturing Parenting.com
www.nurturingparenting.com

Operation Support
<http://www.operation-support.com>

Sexual Assault Prevention Resources
www.sapr.mil

SITES Home Page
<http://www.dmdc.osd.mil>

Spouse Information
www.surfacespouses.navy.mil

Transition Information
www.dodtransportal.org

Let the FFSC make your next move a smooth one!

The average service member transfers every three years.

Attending a FFSC Smooth Move or PCS Workshop has helped transferring individuals/families save up to 40% on their out of pocket expenses. The Relocation Assistance Program (RAP) is the second most popular service provided by the FFSC.

While waiting for the moving van to arrive, why not raid the RAP Loan Locker, which is available on most installations. Take advantage of the FREE kitchen supplies, bedding and other household goods.

If you're transferring overseas, the FFSC provides Intercultural Relations (ICR) Training through RAP. ICR acquaints service members, and their families, with their new surroundings and introduces them to the cultural norms of a different country.

Make an appointment to see a RAP Specialist prior to your PCS move. Minimize your expenses and maximize your reimbursement by finding out what allowances you're entitled to when transferring.

Welcome Aboard information for more than 300 military bases worldwide is now available online through the Standard Installation Topic Exchange Service (SITES). Visit www.dmdc.osd.mil/sites

Like all services available through the FFSC, there is no fee to utilize the Relocation Assistance Program or to meet with a RAP Specialist. The FFSC is open to all service members and their families. Come explore all the benefits.

The Navy Housing Referral Office is located in the rear of Building #211 and can assist military families in locating appropriate housing in the greater Brunswick area. Whether it is renting a privatized home with GMH Military Housing, our housing partner, renting in the local area or buying a home in the private sector, your Housing Welcome Center should be your first stop.

Office Hours are Monday, Tuesday, Wednesday & Friday from 0730-1530 and Thursday, 0830-1530.
Stop in or call us at 921-1779 for more information.



Did you know?

Single SAILOR Spoken Here



For information on all Community Support Programs Northeast visit our website: www.navylifeneast.com

LIBERTY Program (single sailor)
921-1776
LIBERTY Lounge: 921-2771

School Age Care
921-2878

RecMall, Bldg 583
Office 921-2589

RecMall Youth Activities
921-2155

RecMall Food Court
921-2860

Pizza call in 921-2351

Pick Up & Go Catering
921-2589 Party Bookings

Great Pond Outdoor Adventure Center
207-584-2000

Back Bar 2
921-2588

Bowling Center
921-2145

Information, Tickets & Travel
921-2113

the Grille at Mere Creek Golf Course
721-9995
Mere Creek Pro Shop
721-9995

Veterinary Services
725-8450/921-1386

MWR Administration
921-2684

Marketing & Sponsorship
921-2161

Field House
921-2796/2824
Fitness Center
921-2162/2932

Racquetball Court Reservations
921-2162

Child Development Services
Child Development Center, Bldg 21 & 26
921-2610/2619/2615
Child Development Homes
921-2619/2610

Outdoor Adventure Programs and Ski Shop
921-2738

Auto Skills Center
921-2488

Picnic Ground Reservations are now handled by NASB Admin: 921-2323

For more information or to contact Moosetracks call 921-2161.

For information on all Community Support Programs Northeast visit our website: www.navylifeneast.com